



# FCSTN NEWSLETTER

FCSTN PRESIDENT'S MESSAGE BY MARLA PRUSA



## *Growing With FCSTN*

Another school year has come and gone! I hope that all of you are enjoying a well-deserved break from the school routine. Take time to relax and re-charge, so that you are ready for the 2009-2010 school year.

Be sure to take advantage of opportunities for growth within your profession and professional organization. Whether it is taking a summer class or workshop, attending a District FCSTN meeting or volunteering to serve on a FCSTN committee, there are many ways that you can grow as a family and consumer sciences educator.

I would like to commend all of you who contacted your senator or wrote cards or letters of support for LB 476, the bill to get legislative financial support for Career and Technical Education Student Organizations. Your assistance is greatly appreciated. Thanks to Jan Brandt for all her work at the state level to facilitate this effort.

Also, I would like to thank the FCSTN members who served on the FCSTN Board this past year. Your help and cooperation has been wonderful.

First, I would like to thank Shirley Baum, our advisor from the State Department of Education for all of her guidance and support. We are so lucky to have her working for us here in Nebraska. Also, I want to extend my thanks to Past President Alicia Beck for all her help and work with the Teacher of the Year and Special Service Awards. Kudos to Lisa Groth, President-Elect, for all her work with the LEAP Project. Those teaching resources are always fantastic and I'm sure everyone is anxious to receive them! Thanks go to Cheryl Timm, Secretary, Linda

Gilson, Treasurer and Treasurer-Elect Kim Scarborough, as well. Cathy Kloch and Kathleen Kennedy were the ACTEN representatives this year and I appreciate all that they have done for our organization.

Thanks to the following committee members:  
Altruistic - Sheri Wieden and Julie Wasem; Auditing - Cathy Kloch, Partnership Award - Ruth Epley; Bucket Auction - Jan Ellison and Jan Smaus; By-Laws - Virginia Whidden and Charlene Moats; Fundraising - Carmen Johnson and Connie Weiss; Hostess - Marilyn Lammers and Kristin Warner; Legislation - Sheri Moser and Debra Albers; Membership - Vicki Morrella and Nancy Rexroth; Newsletter - Kathy Broers and Deb Heyen; Nominations - Ronita Jacobsen and Denise Haag; Public Relations - Suzanne Neefe; Scholarship - Carol Erwin; District Chair for Even Districts - Nancy Seeman and District Chair for Odd Districts - Suzanne Martin.

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GROWING WITH FAMILY & CONSUMER SCIENCES

**FCSTN PRESIDENT'S MESSAGE BY MARLA PRUSA CONTINUED**

Finally, a big thank you to the District Chairs:

District 1 - Deanna Vavak

District 2 - Kathy Boyes

District 3 - Louise Dornbusch

District 4 - Marcia Fouraker

District 5 - Marilyn Zeilinger

District 6 - Linda Gilson

District 7 - Kathy Mitchell

District 8 - Connie Vanness

District 9 - Ann Mann

District 10 - Nancy Seeman

District 11 - Deb Heyen

District 12 - Reba Deterding

District 13 - Suzanne Martin

District 14 - Vicki Morrell

District 15 - Suzanne Neeffe

I have enjoyed working with all of you this past year! **Marla, Prusa, FCSTN President.**

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**USING TECHNOLOGY IN THE CLASSROOM**

Incorporate Technology in Sewing Classes! **By Deb Heyen.**

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If your school is like ours, the courses offered are based on the number of students enrolled each year. Increase your sewing class count by purchasing an embroidery machine and start a school-based business. Islander Threads has been in existence since 2003 and a class since 2005. In 2007, we added Advanced Embroidery credit for students to work independently. We continue to grow each year!

An embroidery machine offers students a way to express themselves through creative design and the business will help to pay for the necessities needed to operate the machine. You don't have to start out big. Single head embroidery machines have become extremely reasonable and some now allow you to attach a toggle directly to the machine, which eliminates the cost of an additional computer & program. There are many embroidery design companies who offer FREE designs each month. All you have to do is sign up. Also buy blank embroidery supplies wholesale.

I highly suggest you incorporate the business into your class from the beginning. Kids love the idea of running the show and then seeing their product on students, teachers & parents gives them a sense of pride and validates their time spent.

I have a list of "How to" get started but not enough space! If you are interested, email me at [dheyen@gips.org](mailto:dheyen@gips.org), I would love to share with you.

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***Legislative Workshop  
Monday, February 2, 2009  
by Sheree Moser***



- The annual Legislative Workshop was held on Monday, February 2 this year and the turnout and program were our best yet! Thirty-three teachers and students from 12 different school districts attended the workshop. Our day started with a Meet & Greet breakfast in the Capitol Cafeteria. Fifteen Senators and/or their office staff attended the breakfast and it served as a great venue for conversation to begin the day's activities.

- The delegation of participants traveled to the Warner Chamber for the speakers with Sharon Smith of Plattsmouth serving as the Mistress of Ceremonies. First was a presentation by Heidi Uhing, the Legislative Information Office Director. She shared information about the website and the legislative process. Each participant received a folder with contact information for their Senator, brochures and information about the Unicameral and copies of two bills that are of interest to all Career & Technical Education programs within the state of Nebraska. The two bills included in the discussion were LB476 the Adopt the Center for Student Leadership and Extended Learning Act and LB64 the Lindsay Ann Burke Act. LB476 is for state support of Career & Technical Education student organizations and is Senator Arnie Stuthman's priority bill for this session. LB64 is a bill that would require Nebraska schools to have a dating violence curriculum within each high school's course of study.

- The delegation traveled to the Legislative Chamber and Senator Pankonin had the group introduced and announced at the session. We spent about 45 minutes watching the session before the participants joined the FCCLA state officers, district chairs and peer advisers at the Governor's Mansion for the luncheon. Nine additional Senators came over to join the students from their district. Bonnie Malcolm, ACTEN Past-President and Cassie Miller the State FCCLA President addressed the group, sharing their visions of the important of Career & Technical Education programs. There were sixty-nine people at the luncheon and the mansion is a wonderful place to visit. All interested in a tour of the mansion afterwards were given the opportunity to see the living room, dining room and 1st Lady doll collection.

- The workshop ended with the participants attending Legislative Hearings in the afternoon. The event was very successful for both the students, adults and Senators attending. A sample letter in regards to supporting LB476 is also included below the pictures. Please contact your Senator again in support of the bill as we wait for it to come up for a vote from the floor. This has been an exciting year for our subject matter and student organizations and FCSTN will continue to support these efforts for all of those who wish to participate. Thank you for your support!

- Respectfully Submitted,
- ***Sheree Moser***, FCSTN Legislative Co-Chair

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**LEGISLATIVE WORKSHOP**  
**MONDAY, FEBRUARY 2, 2009**  
**TEACHER & STUDENT PARTICIPANTS**

**FCSTN LEADERS 2008-2009**

**OFFICERS**

President Marla Prusa,  
PresElect Lisa Groth  
Secretary Cheryl Timm  
Treasurer Linda Gilson  
TreasElect Kim Scarborough  
PastPresident Alicia Beck

**DISTRICT REPRESENTATIVES**

Odd Suzanne Martin  
Even Mary Ann Hanson

**ACTEN REPRESENTATIVES**

Kathleen Kennedy, Cathy Kloch

**HSR/FCS DIRECTOR NDE**

Shirley Baum

**COMMITTEE CHAIRS:**

Altruistic Sheri Wieden, Julie Wasem

Auditing Cathy Kloch

Partnership Award Ruth Epley

TOY and Special Service  
Awards Alicia Beck

Bucket Auction Jan Ellison, Jan Smaus

By-Laws \*Virginia Whidden,  
Charlene Moats

Fundraising Carmen Johnson,  
Connie Weiss

Hostess Marilyn Lammers,  
Kristin Warner

Legislation Sheree Moser, Deb Albers

Membership \*Vicki Morrell,  
Nancy Rexroth

Newsletter \*Kathy Broers, Deb Heyen

Nominations Ronita Jacobsen,  
Denise Haag

Public Relations \*Suzanne Neefe

Scholarship \*Carol Erwin



**Teachers & Students:**

Debra Albers of Bruning-  
Davenport: Ryan Schulte Nikki  
Tegtmeier, Kelsey

Kathy Gifford of Kearney Sr  
High: Cassie Houser Annah Bus,  
Kylie Surmeier

Linda Gilson of High Plains,  
Polk: Brooke Brown, Michaela  
Majerus

Ellen Halmes of Elwood High:  
Taylor Summer, Meagan Saunders

DeLayne Havlovic of Omaha  
Public: no students

Kathleen Kennedy of Greeley-  
Wolbach: No students. Mom.

Bonnie Malcolm of Lincoln  
Public: No students.

Brenda Schmidt of UNL

Kristin Warner of Shelton  
Public: Traven Claflin, Collin  
Donahoo

Barbara Watlington of Falls City  
High: Amanda Gill, Cody Beckner

Marilyn Whitaker of Chambers  
School: Elise Hubel

**FCCLA State Officers:**

Cassie Miller of West Point  
Sarah Oltjenruns of Bloomfield  
Shelby Wade of Prague

Rebekka Hammer of Weeping  
Water

Christy Kuhfal of Neileigh-  
Oakdale

Ian Wenzel of Syracuse

Channing Eurek of Loup City

Jennifer Garber of West Point

Cammie Schwartz of Mullen

Megan Olson of Stuart

STATE Adviser: Jan Brandt

**DISTRICT Advisors:**

Allison Beers, Tracy Way, Eunice  
Kokrda, Judy Glesne, Cindy  
Dahlquist, Marla Prusa, Sandra  
Fricke, Cheryl Gustafson, Cheryl  
Timm, Marilyn Whitaker, Becky  
Adkisson, Robyn Hubbert, Ellen  
Halmes, Suzanne Martin, Diana  
Brost, Jamie Cranmore, Marilyn  
Martin, Carol Erwin, Lisa Grothe,  
Virginia Whidden.

## ***DISTRICT 10 GET TOGETHERS 08/09***

FCS teachers from District 10 as well as FCS teachers from Grand Island and Hastings attended an evening of cooking at Hastings Community College on March 25 learning about healthy eating. The teachers made a variety of foods guided by instructor, Lindsay Steer, and then we sampled each

of the new recipes. This was a great way to interact and share cooking experiences.

Submitted by  
**Nancy Seeman,**  
District 10  
Chairperson



District 10 FCSTN held the summer/fall meeting in Grand Island on August 5, 2008 with a tour of the newly built Westridge Middle School by Julie Wasem. Then toured the St. Francis Medical Center Towers and enjoyed lunch. Quality Sew n Vac gave a talk on new embroidery machines then a tour of Material Girl Fabric

Shop. Attendees: Cheryl, Carol, Julie, Nancy, Teri, Barb, Deb, Ruth, Jana Roni, Laurie, Mary Ann.

## ***DISTRICT 8 GET TOGETHER***

On July 1st, District 8 FCSTN members met at Creighton High School to experience the use of handheld GPS systems. The hands on lesson was presented by Ruth Vonderhoe, County Extension Agent for both Knox and Cedar Counties. After a brief introduction to the GPS systems we practiced on the grounds of Creighton High School. Later we were given information to find different locations throughout the town of Creighton. After we were finished in Creighton we traveled to Verdigris where we had lunch in the local cafe. This is certainly an excellent place to eat! We then traveled to Winnetoon, Nebraska, here we were able to

view a variety of different items from the past. We saw anything from old styles of clothing, dishes, cookware, books as well as old farm machinery. Landscaping and buildings around the stores in Winnetoon gave a sense of the years gone by. We were even surprised when we opened the doors of the outhouse that stood there.

All in all it was an enjoyable day, but I think the greatest part of the day were the laughter and fellowship experienced with fellow FCSTN ladies.

Submitted by **Ms. Covannes**, District 8

## **TEACHER/STUDENT CAMPAIGN *By Kathy Broers*** **WHATCHA DOIN? CAMPAIGN IN DISTRICT 11**

Grand Island Senior High School FCS Teacher/Sponsor, Kathleen Broers, and Senior Student Buzz Agent Chair, Cassandra Stara, completed the marketing campaign developed by the University of Nebraska-Lincoln Advertising program along with Nebraska Department of Health and Human Services. The campaign's highlights included classroom visits by the Carrot Man in mascot costume, sacks of fresh vegetables and fruit kabobs, green exercise balls for classrooms, and promotional billboard advertising. The campaign concluded with the Action for Healthy Kids Summit in Lincoln at the Cornhusker Hotel on Thursday, April 16th.





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## FCCLA STATE STAR EVENT

CHAMPIONS *by Marla Prusa*

Nebraska FCCLA members are State STAR Event Champions:

The following students will represent Nebraska at the National STAR Events in Nashville, TN this July:

Applied Technology Jr. – Brianne Hoelsing, Lexi White of Laurel Concord - Carol Erwin, adviser; Applied Technology Sr. – Elyssa Leach, Laurie Venteicher of Pierce - Cheryl Timm, adviser; Career Investigation, Jr. – Samantha Beed of Chambers - Marilyn Whitaker, adviser;

Career Investigation, Sr. – Sarah DeKay of Chambers - Marilyn Whitaker, adviser; Chapter Service, Jr. - Alex Norton, Matthew Hladky of West Point-Beemer – Cheryl Gustafson, adviser;

Chapter Service Sr. – Chandra Mosel, Mikkayle Christiansen, Rachel Christiansen of Neligh-Oakdale – Cindy Hild, adviser; Chapter Showcase Jr. – Haley Boston, Olivia Hubbard of Elm Creek – Robyn Hubbert. adviser; Chapter Showcase Sr. – Stacy Popken, Abby Stollberg, Mae Von Seggern of Logan View – Lois Krohn, adviser;

Entrepreneurship Sr. – Emily Chebuhar, Janessa Evert, Cori Renner of Howells-Dodge – Marla Prusa, adviser; Fashion Construction Sr. – Sydney Swanson of Alliance – Cathy Kloch, adviser;

Focus on Children Jr. – Colton Aspenleiter, Josh Leas of Medicine Valley – Suzanne Martin, adviser; Focus on Children Sr. – Samantha Burtwistle, Paige Werner, Katy Gottsch of Chambers - Marilyn Whitaker, adviser;

Illustrated Talk Jr. – Rebekka Biner, Miranda Haun of West Boyd - Carol Eilers, adviser;

Illustrated Talk, Sr. – Heidi Hostert, Morgan Devall of O'Neill - Ann Mann - adviser; Interior Design Sr. – Michaela Acklie of Pierce - Cheryl Timm, adviser; Interpersonal Communion Jr. – Stephanie Shearer of Arapahoe – Marilyn Martin, adviser; Interpersonal Communication Sr. – Carrie Urban, Lauren Settje of Leigh-Clarkson – Lisa Groth, Adviser;

Job Interview Sr. – Michelle Bond of Elkhorn – Pam Mowinkel, adviser; Life Event Planning Sr. – Megan Dimmitt of Alliance – Cathy Kloch, adviser; National Programs Jr. – Leanne DeKay, Bethany Lambert of Chambers - Marilyn Whitaker, adviser; National Programs Sr. – Katelyn Stevens, Ricky Klabenes of Chambers – Marilyn Whitaker, adviser;

Parliamentary Procedure – John Paul Lempke, Curtis Olson, Lane Swedberg, Shanice Harris, Ryan Sowle, Jose Hasenauer, Casey Lundvall, Bryce Hasenauer of Wallace - Codi Chandler, adviser; Recycle and Redesign Sr – Brittney Stephens of Elm Creek – Robyn Hubbert, adviser; and Teach and Train Sr. – Kathy Venteicher of Pierce – Cheryl Timm Adviser.

### FCSTN Calendar

June 9-11 NCE  
Conference at the  
Holiday Inn in Kearney,  
Nebraska

### FCSTN DISTRICT CHAIRS

District Chairs  
will receive a \$2.00  
coupon to the FCSTN  
Store at the June 2009  
Conference if they  
submit articles for the  
Spring FCSTN  
Newsletter!!

Thanks, again,  
**Marla Prusa**  
FCSTN President

Respectfully  
Submitted,  
**Kathy Broers**  
**Deb Heyen**  
Newsletter  
Editors